



Live Well

July 2015

Red, White, and Blue Patriotic Potato Salad

Here's a festive, healthy and tasty side dish for any 4th of July party!

Ingredients:

- 2 pounds baby potatoes, a mix of white and blue/purple
- 1/4 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- 3/4 cup chopped roasted red peppers, rinsed
- 4 scallions, thinly sliced
- 1/4 cup chopped fresh mint



Preparation:

1. Place potatoes in a large saucepan and cover with lightly salted water. Bring to a boil; cook 15 minutes or until tender. Drain and rinse with cold water. Let cool for 20 minutes.
2. Whisk lemon juice, oil, salt and pepper in a large bowl. Cut potatoes in half, add to the bowl and toss to coat.
3. Just before serving, add peppers, scallions and mint; toss gently. Makes 4.5 cups.
(From EatWell.com)



July is UV Safety Month

According to the American Cancer Society, skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer, but UV exposure can also come from indoor tanning beds or sun lamps.

Harmful UV rays can cause other complications as well, such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin, according to the Department of Health and Human Services' Federal Occupational Health (FOH) initiative.

You can reduce your risk of UV damage by following these FOH recommendations:

- Stay out of the sun during peak burning hours, 10 AM to 4 PM.
- If you can't get in the shade, wear protective gear, such as a long-sleeved shirt, wide-brimmed hat, and UV-resistant wrap-around sunglasses; UV rays can penetrate the structures of your eyes and cause problems, such as cataracts and macular degeneration.
- Use sunscreen with SPF 15 or higher and reapply often, even if the product is labeled "water-resistant."
- Use extra caution when near reflective surfaces, like water and sand, which can reflect damaging rays and increase the chance of sunburn, even if you're in what you consider a shady spot.
- Sun damage occurs even if it's cloudy, so take the same precautions.



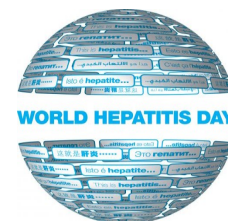
World Hepatitis Day: July 28th

July 28th is recognized as World Hepatitis Day in honor of the Nobel laureate's birthday who discovered the hepatitis B virus, Professor Baruch Samuel Blumberg.

Worldwide, nearly 400 million people have chronic viral hepatitis but most of them do not know they are infected, according to the World Health Organization (WHO). Viral hepatitis is a group of infectious diseases known as hepatitis A, B, C, D, and E, all of which can cause inflammation of the liver. However, hepatitis B and C can result in lifelong, chronic infection. Annually, 1.5 million people die from causes related to the disease, commonly cirrhosis and liver cancer.

Fortunately, prevention is possible; here are the WHO's recommendations:

- **Know the risks:** Unsafe blood, unsafe injections, and sharing drug-injection equipment, as well as contact with body fluids and sharing contaminated razors and toothbrushes, can all result in hepatitis infection.
- **Vaccinate:** Safe and effective vaccines can protect from hepatitis A and B. The CDC recommends both vaccines for all babies at birth and adults at risk of infection.
- **Get tested & seek treatment:** Effective medicines exist to treat hepatitis B and new treatments are now available to cure hepatitis C.



Find out if you should be tested or vaccinated by taking the CDC's anonymous 5 minute risk assessment: <http://www.cdc.gov/hepatitis/riskassessment/index.htm>

Live Well is a monthly publication created by the Florida Department of Health in Manatee County. To request additional copies, please call: 941-748-0747 ext. 1492.